**SUNDAY, MARCH 24 TONE 2**

**Second Sunday of Lent: St Gregory Palamas**

**Forefeast of the Annunciation**

***(The service to St Gregory Palamas is celebrated whenever the rector desires because of the Forefeast.)***

**"Lord I Call..." Tone 2**

Lord, I call upon Thee, hear me!

Hear me, O Lord!

Lord, I call upon Thee, hear me!

Receive the voice of my prayer,

when I call upon Thee!

Hear me, O Lord!

Let my prayer arise

in Thy sight as incense,

and let the lifting up of my hands

be an evening sacrifice!

Hear me, O Lord!

*v. (10) Bring my soul out of prison, that I may give thanks to Thy name!*

**Tone 2** *(for the Resurrection)*

Come, let us worship the Word of God

begotten of the Father before all ages,

and incarnate of the Virgin Mary!

Having endured the Cross, He was buried as He himself desired.//

And having risen from the dead, He saved me, an erring man.

*v. (9) The righteous will surround me; for Thou wilt deal bountifully with me.*

Christ our Savior nailed to the Cross the bond against us,

He voided it and destroyed the dominion of death.//

We fall down before His Resurrection on the third day.

*v. (8) Out of the depths I cry to Thou, O Lord. Lord, hear my voice!*

With the Archangels let us praise the Resurrection of Christ!

He is our Savior, our Redeemer.

He is coming with awesome glory and mighty power//

to judge the world which He made.

*v. (7) Let Thine ears be attentive to the voice of my supplications!*

*(for the Resurrection by Anatolios)*

The Angel proclaimed Thee as the crucified and buried Master.

He told the women: “Come, see the place where He lay!

He is risen as He said, for He is almighty.”

We worship Thee, O only immortal One.//

Have mercy on us, O Christ, the Giver of life!

*v. (6) If Thou, O Lord, shouldest mark iniquities, Lord, who could stand? But there is forgiveness with Thee.*

By Thy Cross, Thou didst destroy the curse of the tree.

By Thy burial Thou didst slay the dominion of death.

By Thy rising, Thou didst enlighten the race of man.//

O Benefactor, Christ our God, glory to Thee!

*v. (5) For Thy name’s sake have I waited for Thee, O Lord, my soul hath waited for Thy word; my soul hath hoped on the Lord.*

The gates of death opened to Thee from fear, O Lord.

When the guards of hell saw Thee they were afraid,

for Thou didst demolish the gates of brass and smash the iron chains.//

Thou hast led us from the darkness and shadows of death, and hast

broken our bonds.

*v. (4) From the morning watch until night, from the morning watch, let Israel hope on the Lord.*

**Tone 4** *(for the Forefeast) (As one valiant among the martyrs)*

The mystery hidden from all eternity,

unknown even by the Angels,

is now entrusted to the Archangel Gabriel.

He will come to thee, O precious vessel;

he will salute thee and cry in joy:

“Rejoice, pure dove! Rejoice, all-holy one!//

Make ready by thy word to conceive the Word of God!”

*v. (3) For with the Lord there is mercy and with Him is plenteous redemption, and He will deliver Israel from all his iniquities.*

(Repeat: “The mystery hidden from all …”)

*v. (2) Praise the Lord, all nations! Praise Him, all peoples!*

The palace of light is ready for Thee, O Master,

the womb of the undefiled child of God.

Come down to her; come to visit Thy fallen world,

which is held in bitter slavery to the jealous Enemy!

Many ages have passed since its beauty was destroyed.

Make haste to descend to earth, O Lord!//

Come to deliver us from the way of death!

*v. (1) For His mercy is abundant towards us; and the truth of the Lord endures for ever.*

Gabriel the Archangel comes to thee, O all-blameless one;

he will greet thee, crying with joy:

“Rejoice, deliverance from condemnation!

Rejoice, chosen vessel made perfect for God!

Rejoice, life-bearing dawn of the endless day!//

The Lord, Whom the heavens cannot contain, is pleased to dwell in thee!”

*Glory to the Father, and to the Son, and to the Holy Spirit;*

**Tone 2**  *(for the Forefeast)*

Today Gabriel announces the good tidings to her who is full of grace:

“Rejoice, unwedded Maiden!

Be not struck with dismay by my strange form, nor be afraid!

I am an Archangel.

Once the serpent beguiled Eve,

but now I announce to thee the good tidings of joy, O most pure one.//

Thou shalt remain inviolate and yet shall bear the Lord.”

*now and ever, and unto ages of ages. Amen.*

**Tone 2**  *(Theotokion – Dogmatikon)*

The shadow of the Law passed when grace came;

as the Bush burned, yet was not consumed,

so the Virgin gave birth, yet remained a Virgin.

Instead of a pillar of flame, the Righteous Sun has risen.//

Instead of Moses, Christ, the Salvation of our souls.

**Second Sunday of Lent/Forefeast of the Annunciation**

**Litya *(If the rector desires the Litya, following the sticheron to the Temple, we sing:*)**

*Glory to the Father, and to the Son, and to the Holy Spirit,*

*now and ever, and unto ages of ages. Amen.*

**Tone 2**  *(for the Forefeast, by Theophanes)*

Today the eternal mystery is revealed.

The Son of God becomes the Son of man.

By accepting the lowest, He grants me the highest.

Of old, Adam was deceived; he sought to become God,

but he did not receive his desire.

Now God becomes Man, that He may make Adam God.

Let creation rejoice! Let nature exult:

for the Archangel stands in fear before the Virgin,

and saying: “Rejoice!” he brings her the greeting by which our sorrow is

healed.//

Glory to Thee, O Lord, Who in Thy compassion didst become a man!

**Second Sunday of Lent/Forefeast of the Annunciation**

**Aposticha**

**Tone 2**  *(for the Resurrection)*

Thy Resurrection, O Christ our Savior,

has enlightened the whole universe,

calling back Thy creation.//

Glory to Thee, O almighty Lord!

*v. The Lord is King; He is robed in majesty!*

O Savior, by the Tree Thou didst destroy the curse of the Tree.

By Thy burial Thou didst mortify the majesty of death.

Thou hast enlightened our race by Thy Resurrection.//

O Giver of life, Christ our God, glory to Thee!

*v. For He has established the world, so that it shall never be moved.*

O Christ, when Thou wast seen nailed to the Cross,

Thou didst restore the beauty of Thy creatures.

The soldiers showed their inhumanity when they pierced Thy side with

a spear.

The Hebrews not knowing Thy power asked that Thy tomb might be

sealed,

but through the mercy of Thy compassion,

Thou didst accept the tomb and didst rise on the third day!//

O Lord, glory to Thee!

*v. Holiness befits Thy house, O Lord, forevermore!*

O Christ, the Giver of life,

for the sake of the dead Thou didst voluntarily endure death,

descending into hell as the Mighty One

to save those who awaited Thy coming,

granting them the life of paradise instead of hell.

Grant also to us who glorify Thy Resurrection on the third day//

cleansing of our sins and great mercy!

*Glory to the Father, and to the Son, and to the Holy Spirit,*

*now and ever, and unto ages of ages. Amen.*

**Tone 2** *(Theotokion)*

A new miracle surpasses all ancient miracles!

Who knows of a Mother who gave birth without a man,

who carried in her arms her Creator?

This birth is the will of God!

Since thou didst carry Him as an infant in thine arms, O most pure one,

and since thou dost possess motherly boldness before Him,

do not cease praying for us who honor thee,//

that He may be bountiful and save our souls!

**Second Sunday of Lent/Forefeast of the Annunciation**

***(at Great Vespers)***

**Tone 2** **Troparion**  *(Resurrection)*

When Thou didst descend to death, O Life immortal,

Thou didst slay hell with the splendor of Thy Godhead.

And when from the depths Thou didst raise the dead,

all the powers of heaven cried out://

“O Giver of life, Christ our God, glory to Thee!”

*Glory to the Father, and to the Son, and to the Holy Spirit,*

*now and ever, and unto ages of ages. Amen.*

**Tone 4 Troparion** *(Forefeast)*

Today is the prelude of joy for the universe.

Let us anticipate the feast and celebrate with exultation:

“Gabriel is on his way to announce the glad tidings to the Virgin;

he is ready to cry out in fear and wonder://

‘Rejoice, O Full of Grace, the Lord is with thee!’”

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***(at Vigil)***

**Tone 4 Troparion to the Theotokos**

Rejoice, O Virgin Theotokos,

Mary, full of grace, the Lord is with thee!

Blessed art thou among women,

and blessed is the Fruit of thy womb,//

for thou hast borne the Savior of our souls. *(thrice)*

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***(at the Divine Liturgy)***

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And when from the depths Thou didst raise the dead,

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“O Giver of life, Christ our God, glory to Thee!”

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**Tone 2** **Kontakion**  *(Resurrection)*

Hell became afraid, O almighty Savior,

seeing the miracle of Thy Resurrection from the tomb!

The dead arose! Creation, with Adam, beheld this and rejoiced with

Thee,//

and the world, my Savior, praises Thee forever.

**Tone 8** **Kontakion**  *(Forefeast)*

Thou art the beginning of salvation for all of us on earth, Virgin Mother

of God.

For the great Archangel Gabriel, God’s minister, was sent from heaven

to stand before thee to bring thee joy:

Therefore, we all cry to thee: “Rejoice, O unwedded Bride!”

**Tone 5** **Prokeimenon**

Thou, O Lord, shalt protect us and preserve us from this generation forever.

*(Ps 11/12:7)*

*v: Save me, O Lord, for there is no longer any that is godly! (Ps 11/12:1)*

**Epistle**

Hebrews 1:10-2:3

**Tone 2**

Alleluia, Alleluia, Alleluia!

*v: May the Lord hear thee in the day of trouble! May the name of the God of Jacob protect thee! (Ps 19/20:1)*

*v: Save the King, O Lord, and hear us on the day we call! (Ps 19/20:9)*

**Gospel**

Mark 2:1-12

***(Instead of “It is truly meet … ,” we sing the following)***

**Hymn to the Theotokos**

All of creation rejoices in thee, O Full of Grace:

the assembly of Angels and the race of men.

O sanctified temple and spiritual paradise,

the glory of virgins,

from whom God was incarnate and became a Child:

our God before the ages.

He made thy body into a throne,

and thy womb He made more spacious than the heavens.

All of creation rejoices in thee, O Full of Grace.//

Glory to thee!

**Communion Hymns**

Praise the Lord from the heavens, praise Him in the highest! *(Ps 148:1)*

Alleluia, alleluia, alleluia!

Liturgical texts for this service represent modified versions of translations provided by Holy Myrrhbearers Monastery, Otego, New York and St. Tikhon’s Monastery, South Canaan, Pa. The Department of Liturgical Music and Translations of the Orthodox Church in America expresses its gratitude to Holy Myrrhbearers Monastery and St. Tikhon’s Monastery and to those translators whose work has been consulted at times in the course of reviewing and modifying these texts to their present form: Metropolitan Kallistos (Ware), Archimandrite Ephrem (Lash), Archimandrite Juvenaly, Father Benedict Churchill, Isaac Lambertson, St. Vladimir’s Seminary, and Holy Transfiguration Monastery, among others.